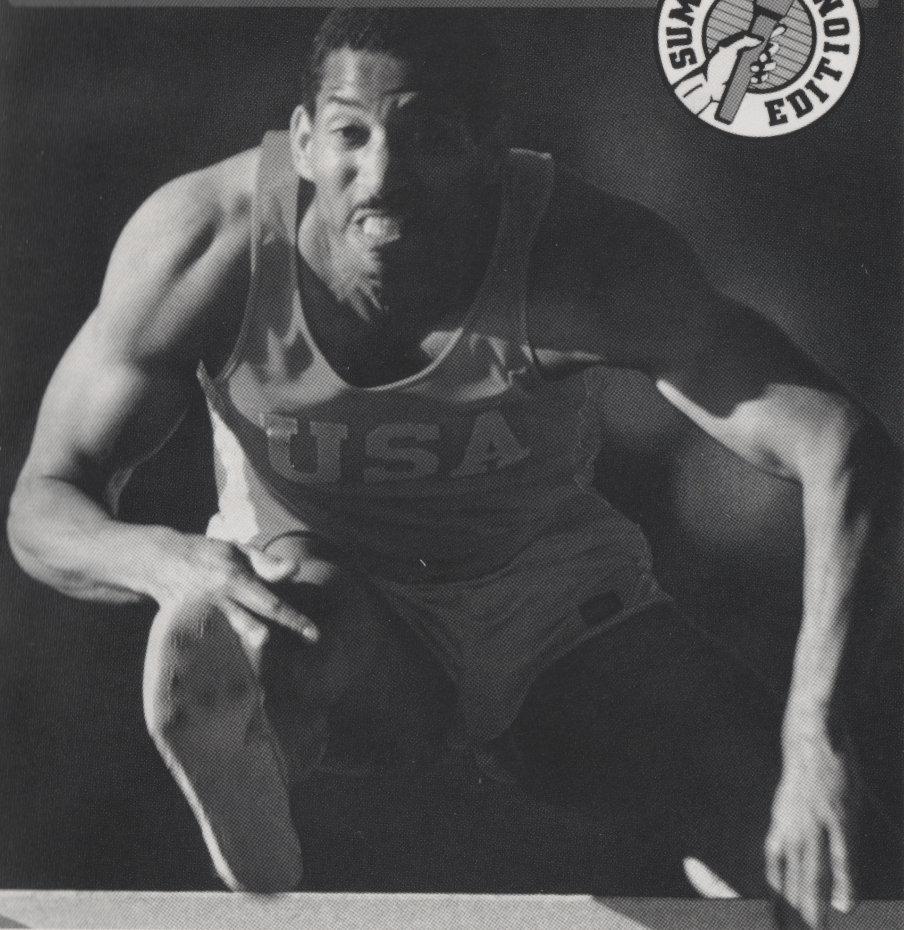


EPYX®

THE GAMES



Coaching Book

for the Apple® IIe, IIc, IIGS®, and compatibles

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Introduction

No words connected with sports stir more excitement and anticipation than “Let the Games Begin!” With this exhortation—delivered every four years in a different tongue at a different international site—the drama of a new Olympiad unfolds.

Yet the modern Olympics have been threatened by politics and controversy from the start. During the early decades of competition, countless editorials were written, worldwide, calling for an end to the Games...

At London in 1908 the Russians tried to prevent the Finns from displaying the Finnish flag; the English squabbled with the Irish over the same issue... During Prohibition, the French refused to come to Los Angeles until a special dispensation was arranged allowing them their wine... Jews understandably demanded a boycott of the 1936 Berlin Games... The 1940 Olympics, scheduled for Japan, were awarded to Helsinki when Japan invaded China—then canceled when Russia invaded Finland.

Still, the bright moments prevailed. Officials for the 1956 Melbourne Olympics followed the suggestion of a 17-year-old Chinese boy and let the athletes march intermingled in the closing ceremonies—an eye-misting spectacle of human unity. And few who were at the sweltering Games in Rome in 1960 will forget the image of the Pope pastorally following the canoe races from a window of his summer palace.

Despite predictable adversities, most of the world's finest athletes continue to come, each committed to a dream. And mixed with their determination, always, is the unmistakable aura of fellowship—as if the world might after all find the answers it seeks in the ever-renewed, ever-fresh ideals of its young.

We hope The Games: Summer Edition captures for you a hint of the thrill that is Olympic competition. Good luck!

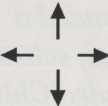
System Requirements

You need the following components to play *The Games: Summer Edition*:

- Apple IIe/IIc/IIgs or compatible computer system
- 128K memory (RAM)
- One floppy disk drive
- Joystick (optional)

Joystick and Keyboard Moves

The Games: Summer Edition works with both joystick and keyboard commands. You can use either the joystick, keyboard keys, or **Arrow** keys to compete in each event. Joystick and key equivalents are:

Arrow	Joystick	Keyboard
		U I O J K L M , .

Joystick button = **Open Apple** key, **Closed Apple** key, or **Option** key

Note: If your joystick has two buttons, use either button. Also, when this manual refers to the **Open Apple** key, you can use any keyboard equivalent.

To use a joystick, you must first calibrate it. For complete instructions, see **Calibrate Joystick** later in this manual.

Loading the Program

Follow these steps to load *The Games: Summer Edition*:

1. Set up your system. If you will be using a joystick, plug it in.
2. Insert *The Games: Summer Edition* Disk A into the drive, label side up.
3. Turn on the system.

4. *The Games: Summer Edition* loads. You see a series of colorful illustrations giving you the flavor of South Korea and the stadiums where the Games are held. Then the title screen and the Village Map appear.

Pre-Game Screens

Nine choices appear on the Village Map. They are:



Diving



Rings



Uneven
Parallel Bars



Hammer Throw



Velodrome
Cycling



Pole Vault



Hurdles



Archery



Other Options

To make a selection from the Village Map, move the joystick handle or press the **Arrow** keys to highlight the icon you want. Then press a joystick button or **Return** to select the icon.

For practice play, select the event you want from the Village Map. For competition play, select Other Options.

Practice Play

In practice play, your scores aren't saved and no medals are awarded. When you select an event from the Village Map and press a joystick button or **Return**, that event begins.

After you've completed a practice round, you'll be asked whether you want to practice the event again. If you do, select Yes and press a joystick button or **Return**. Otherwise, select No and press a joystick button or **Return** to see the Village Map.

Competition Play

Up to eight contestants can take turns competing against each other in the events. Scores are displayed for each contestant at the end of his or her turn in an event. The name and country of the next contestant also appears. Press a joystick button or the **Open Apple** key to start the second competitor. When all contestants have competed in an event, medal-winning scores are displayed. Then the next event begins.

After playing through a series of events, a screen appears showing final standings and any new world records that have been set. An individual player can compete by attempting to set new world records.

Other Options

Selecting Other Options gives you the following eight choices:

- Enter Names and Countries
- Opening Sequence
- Compete in Some Events
- Compete in All Events
- View World Records
- Calibrate Joystick
- Sound On
- Return to Village Map

Enter Names and Countries

Highlight this option to start in the Games competition. Then press a joystick button or **Return**. A screen invites you to type in the names of contestants and designate their countries. Follow these steps:

1. Type in the name of the first competitor. Press **Delete** to erase any mistakes.
2. The screen shows the flag of one of the 18 possible countries. Move your joystick handle left or right or press **Shift <** or **Shift >** to scroll to the flag of your chosen country. Press a joystick button or the **Open Apple** key to select the flag and hear the national anthem for that country.

3. Press **Return** to go to the next line, where you can type in the next contestant's name and designate the contestant's country.

Note: You can select the same flag for more than one contestant.

4. To make corrections, use the **Arrow** keys to position the cursor on the appropriate line. To insert letters, start typing. Use the **Delete** key to erase. Use the **Shift < >** keys to scroll to a new country flag.
5. When you finish entering your list of contestants, press **Esc** to return to the Other Options screen.

Opening Sequence

Select this option to replay the opening sequence. During the opening sequence, press a joystick button or any key to return to the Village Map. Or wait until the sequence is over and return to the Village Map automatically.

Compete in Some Events

To compete in some events, select this option. The Village Map appears. For each event you want to compete in, highlight the event's icon, then press a joystick button or **Return**. After you've selected all the events you want, highlight the Other Options icon and press a joystick button or **Return**. You will then begin playing your series of events.

Note: During an event, press **Esc** to stop play and return to the Village Map.

Compete in All Events

Select Compete in All Events when you want to play all eight events. Within each event, press a joystick button or the **Open Apple** key to begin play. Then, follow the instructions in this manual for playing each event.

View World Records

Select this option to see *The Games: Summer Edition* world records for all events. This option is available before or after playing through your series of events (but not after each event in a series).

Calibrate Joystick

Select this option to let the computer know that you're using a joystick, and to fine-tune your joystick control. Follow the on-screen prompts to move your joystick handle to the upper left, center, and lower right, pressing a joystick button after each move. You then return to the Village Map.

You can also select the Calibrate Joystick option by pressing **Tab** from the Village Map.

Sound On

Select this option to turn on the sound during play. To turn off the sound, return to this menu and select Sound Off. Or press **Control S** to turn sound effects on or off during game play.

Return to Village Map

Select this option to return to the Village Map.

Game-Play Screens

When a message appears asking you to insert a different disk side, remove the disk from your drive and insert the side needed (Disk A, front or back, or Disk B, front or back). Then press a joystick button or **Return** to continue.

Final Standings and Award Ceremonies

After you've played your series of events, a Final Standings screen displays the name of each contestant, the number of gold, silver, and bronze medals won, and the total points scored (gold = 5 pts., silver = 3 pts., bronze = 1 pt.). Then the award ceremonies begin, featuring the leading medal-winning countries.

Note: If more than one player chooses the same country, the medals are combined in determining the medal-winning countries. This feature lets you compete as teams.

After the award ceremonies, a closing sequence provides a finale of music and colorful snapshots. To bypass the Final Standings screen or award ceremonies, press any key.

Memorable Moments. . .

Imagine standing at one end of a football field and shooting arrows at a target on the opposite goal line. That's what Olympic archers must do in the traditional 90-meter event!

Archery joined the Olympic sports roster in 1900 at the Paris Games. That year, Belgian and French bows dominated, with Hubert van Innis of Belgium walking away with three medals—two gold and one silver—draped on his quiver. In 1904, USA's Rev. Galen Spencer, at age 64, became the oldest-ever archery gold medalist.

Among the leading female competitors at the London Games in 1908 was Great Britain's Charlotte Dod, who captured the silver. One of the greatest sportswomen of her day, Dod was five-time women's singles champion at Wimbledon, represented England in hockey, and held the British women's golf crown.

After the 1908 Games in London, archery was dropped for more than 60 years, not appearing again until the Munich Olympics of 1972. At Munich, John Williams, an 18-year-old army private from Pennsylvania, captured the gold. Williams broke the single-round world record despite missing the target with his first arrow.

Early bows were of the simple design we associate with Robin Hood. Today they are extremely sophisticated—featuring bow sights, bowmarks, foresights, and stabilizers.



ARCHERY

In this event you control the pull of the bow while compensating for the wind speed and direction indicated by the wind flag. You'll shoot three arrows (called an end) into a target 90 meters away. You have three minutes to shoot your end.

Joystick and Keyboard Controls

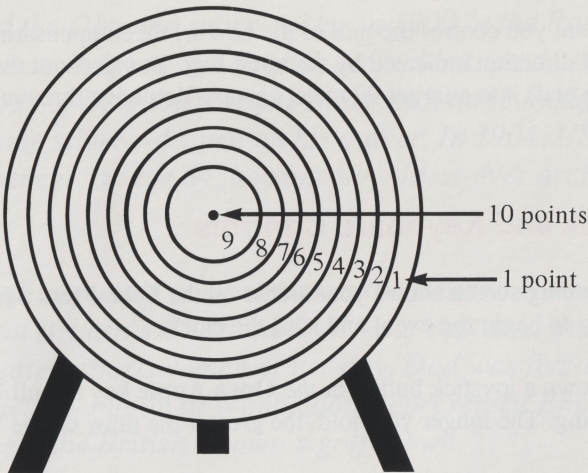
1. The opening screen shows your archer on the field. Press a joystick button or any key to begin the event and start the clock.
2. Hold down a joystick button or the **Open Apple** key to pull back on the bowstring. The longer you hold, the greater the draw on the bow.

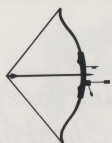
Note: Once you release the joystick button or **Open Apple** key, you cannot readjust the draw on the bow.

3. Hold down a joystick button or the **Open Apple** key again once you've drawn your bowstring. A close-up window appears, showing the bow sight in relation to the target.
4. Continue holding down the joystick button or **Open Apple** key and line up your arrow with the target by moving the joystick handle or pressing the **Arrow** keys. Compensate for the wind factor indicated by the wind flag.
5. When you're ready to fire the arrow, release the joystick button or **Open Apple** key.
6. After you shoot an arrow, the clock pauses and a close-up of the target appears showing where your arrow landed. Your score for this arrow appears at the upper left.

Scoring

Your score is the total points you achieve in your end. Arrows landing on the dividing line between two color zones on the target earn the higher value. If you fail to shoot all your arrows within the three minutes allotted, you are scored only for those arrows you did shoot.





Chalk Talk

All right, archers, to send each arrow 90 meters to its mark you've got to be cool under pressure. Sight-in carefully to make every arrow count.

There's a gusting wind out there so keep your eye on the wind flag and adjust your sighting to compensate. Better yet, wait for lulls in the wind (when the flag is hanging limp) before sighting-in and shooting.

Watch your bow tension—the harder you pull, the higher your arrow's line of flight. Adjust your aim to allow for tension on the bow. Practice drawing the bow, sighting-in, and releasing until the steps seem to blend into one movement. That's the best way to gain skill and confidence.



Think Gold!

- Be aware of wind speed and direction at all times.
- Develop a fluid “one-movement” shooting style.
- Concentrate on the bull's-eye, not on the clock.

Memorable Moments. . .

Old World sportsmanship marked the 100-kilometer cycling race at the first modern Olympics in Athens in 1896. The event, held on an outdoor cement oval, fielded but two entries—a Greek and a Frenchman named Leon Flemeng. When the Greek's cycle broke down, Flemeng graciously stopped and waited until it could be replaced. Flemeng went on to win easily, but not before taking a tumble himself.

During the 100-kilometer road race at the Berlin Games of 1936, Frenchman Guy Lapebie inexplicably slowed down at the finish line. A photograph later showed teammate Robert Charpentier pulling Lapebie back by his shirt.

The first time Olympic cycling was held indoors (Montreal 1976), Czech cyclists got off to a bad start. All of their wheels and spare tires were inadvertently picked up by garbage collectors and fed into a trash compactor. On a borrowed bike, Czech Anton Tkac captured the gold in the 1000-meter sprint, streaking across the finish line at 42 miles per hour.

The turning point in women's cycling came in 1984 at the Los Angeles Games. For the first time in Olympic history, a grinding road race was included, with rivals Connie Carpenter-Phinney and Rebecca Twigg of the USA finishing first and second, respectively. The addition of the match sprint event at the 1988 Seoul Games brought women's cycling to the international spotlight.

In all, nine individual and team events comprise Olympic cycling competition; they range from sprints to road races, the longest (in 1912) covering some 200 miles.



VELODROME CYCLING

This velodrome cycling event is a 1000-meter, individual time trial on a 333.3-meter track. At the starting gun, the cyclist starts a fierce sprint to battle the clock for the best finish time.

Joystick and Keyboard Controls

1. If you're in competition play, an opening screen gives you the names of the contestants and their countries. Press a joystick button or the **Open Apple** key to continue.
2. An aerial view of the velodrome appears, with a white dot showing the position of the cyclist as he moves around the track. The center window shows a view of the cyclist on the starting line.
3. Press a joystick button or the **Open Apple** key to prepare to race. When the starting gun fires, press a joystick button or the **Open Apple** key again to start racing.
4. To increase your speed, continue pressing a joystick button or the **Open Apple** key.
5. Steer to the left or right by moving the joystick handle left or right or by pressing the **Left** or **Right Arrow** keys.

Note: A few mishaps in steering will slow your time but will be tolerated by the judges. But if you crash against the inside or outside edges of the track too violently, you may fall and fault yourself out of the race.

6. Lap flags appear when you complete both the first and second laps. A checkered flag appears as you cross the finish line.

Scoring

Each cyclist's final time appears at the end of his race. The cyclist who finishes with the best time wins the event.



Chalk Talk

Whether you take turns competing against other players or try to better your own best time, there are tactics you can use to come out a winner in this three-lap race. But first a caution about track position. Only by placing yourself as low on the track as possible can you gain and maintain the speed that is so critical in this contest.

One way to maintain speed is to fight the tendency to drift too high in the turns. The fastest race is the shortest race, and the shortest race depends on your ability to steer your cycle flawlessly and at top speed.

Monitor your position and progress around the track by keeping an eye on the white dot (your cyclist) shown in the aerial-view portion of the screen. Keep your speed steady and your path flowing in a smooth motion.



Think Gold!

- Keep your speed up by staying low and on the inside—but not too low or you'll crash.
- Keep an eye on the aerial view for your race progress.
- Don't let up on position or speed until you streak across the finish line!

Memorable Moments. . .

Few sports generate more tension among competitors and spectators than Olympic diving. In less than a second a dive can go wrong, often taking all hopes for the gold with it.

At the Tokyo Games in 1964, U.S. Navy Lieutenant Frank Gorman outscored the field on nine of his ten dives. His one miss, a two-and-a-half somersault, came in the ninth round and cost him the championship.

USA's Greg Louganis swept the men's gold at Los Angeles in 1984, winning both the springboard and platform competitions. The feat was achieved only once before in Olympic history, by Peter Desjardins (USA) at the 1928 Games in Amsterdam. Standing just 5 feet 3 inches tall, Desjardins was fondly known to his fans as "The Little Bronze Statue from Florida."

Among women divers, USA's Pat McCormick holds the gold-medal record with four, having won the springboard and platform events at Helsinki (1952) and Melbourne (1956). Pat's performance in Australia stunned the world: barely five months earlier, she had become a mother!

Diving became an Olympic event for men in 1904 at the St. Louis Games, and for women in 1912 at the Stockholm Games.



DIVING

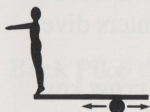
This event begins with a diver on the board ready to start his dive. You'll make three dives, each scored by five judges. The more difficult dives are worth more points if you make them properly. A fulcrum (springboard wheel) is located under the diving board. The farther you move this fulcrum from the tip of the board, the more spring the diver can get and the higher he can jump.

During practice play, the judges evaluate your dives. Following their pointers will help you during competition.

Joystick and Keyboard Controls

Follow these directions to move the fulcrum:

- Hold down a joystick button and then move the joystick handle to the right to move the fulcrum away from the pool. Or, hold down the **Open Apple** key and then press the **Right Arrow** key.
- Hold down a joystick button and then move the joystick handle to the left to move the fulcrum closer to the pool. Or, hold down the **Open Apple** key and then press the **Left Arrow** key.



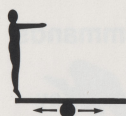
Forward and Reverse Dives

In forward dives, the body faces forward and rotates away from the board. In reverse dives, the body faces forward and rotates toward the board. Follow these steps to dive:

1. Start a forward or reverse dive by moving the joystick handle to the left or pressing the **Left Arrow** key.
2. After several steps, the diver begins his jump to spring off the board. Pull the joystick handle down or press the **Down Arrow** key just before the diver lands on the board to add height to the dive. The longer the joystick handle or **Down Arrow** key is held down, the higher he springs from the board.

3. Select the joystick sequence you need for the dive you want, given below.
4. For all dives, quickly move the joystick handle down or press the **Down Arrow** key to finish the dive. This tucks the diver's head down for a straight entry into the water.

Dive	Joystick Moves	Keyboard Commands
Swan Dive	Move joystick handle up.	Press Up Arrow key.
Forward Dive	Move joystick handle to left and quickly release.	Press Left Arrow key and quickly release.
Forward Somersault	Move joystick handle to left and release just before diver makes a full somersault.	Press Left Arrow key and release just before diver makes a full somersault.
Front Pike	Move joystick handle to left at the same time you press joystick button.	Press Open Apple key at the same time you press Left Arrow key.
Forward Twist	Move joystick handle up at the same time you press joystick button. Release just after diver completes a half twist.	Press Open Apple key at the same time you press Up Arrow key. Release just after diver completes a half twist.
Reverse Dive	Move joystick handle to right, then pull handle down as diver enters dive.	Press Right Arrow key, then press Down Arrow key as diver enters dive.
Reverse Somersault	Move joystick handle to right and release just before diver completes a somersault.	Press Right Arrow key and release just before diver completes a somersault.
Reverse Pike	Move joystick handle to right at the same time you press joystick button.	Press Right Arrow key at the same time you press Open Apple key.



Backward and Inward Dives

In backward dives, the diver's back is to the water and he rotates away from the board. In an inward dive, the diver's back is to the water and he rotates toward the board. Follow these steps to dive:

1. Tap the joystick handle to the right or press the **Right Arrow** key. The diver will walk to the end of the board.
2. When the diver nears the end of the board, hold down the joystick handle or the **Down Arrow** key to stop the dive.
3. Release the joystick handle or the **Down Arrow** key and begin the joystick or keyboard sequence for the dive you want, as given below.
4. For all dives, quickly move the joystick handle down or press the **Down Arrow** key to finish the dive. This tucks the diver's head down for a straight entry into the water.

Caution: Should disaster strike and you hit the board during a dive, you will be seriously injured and knocked out of competition.

Dive	Joystick Moves	Keyboard Commands
Back Layout	Move joystick handle up.	Press Up Arrow key.
Back Somersault	Move joystick handle to left. Release just before diver starts a somersault.	Press Left Arrow key and release just before diver starts a somersault.
Back Pike	Move joystick handle to left at the same time you press joystick button.	Press Left Arrow key at the same time you press Open Apple key.
Back Twist	Press joystick button at the same time you move joystick handle up.	Hold down Open Apple key at the same time you press Up Arrow key.
Inward Dive	Move joystick handle to right. Release just before diver starts a somersault.	Press Right Arrow key and release just before diver starts a somersault.

Dive	Joystick Moves	Keyboard Commands
Inward Somersault	Quickly move joystick handle to right and release just before diver finishes somersault.	Press Right Arrow key and release just before diver finishes somersault.
Inward Pike	Move joystick handle down quickly after initiating dive.	Press Down Arrow key quickly after initiating dive.

Dive Variations

You may want to try some dive variations. For example, increase the number of somersaults on forward, reverse, backward, and inward dives, or increase the number of twists on backward and forward dives. Practice your timing on releasing the joystick handle or pressing the keys to perfect your diving skills.

Dive Combinations

Try combining dives by quickly activating a second dive after you've started the first. For example, combine a back twist with a back somersault by moving the joystick handle down (spring off board), then quickly moving it up while pressing a joystick button. Then, as the diver goes into his twist, quickly move the joystick handle to the left. Using a keyboard for this combination dive, first press the **Down Arrow** key (spring off board), then quickly press the **Up Arrow** key while pressing the **Open Apple** key. As the diver goes into the twist, quickly press the **Left Arrow** key. It may take practice for you to master the coordination and timing required for successful combination dives.

Scoring

Each of the five judges evaluates a different aspect of your dive. Each assigns a score from 0.0 to 10.0, with 10.0 being the highest possible score.

Judge	Evaluation
1	Execution
2	Height
3	Entry into water
4	Difficulty
5	Average of judges' evaluations



Chalk Talk

In the springboard competition, you work from a board three meters (9 feet 10 inches) above the water and perform three dives.

The judges score each of your efforts based on the difficulty of the dive and the smoothness of your execution. The trick is to put together dive combinations that show your mastery of this event. That is, devise the hardest dives that you sense you can do well—and practice, practice, practice.

Concentrate on timing. It takes less than a second for a dive to go wrong. A single mistake in judgment can knock you out of contention—even when you seem comfortably ahead on points. And remember, perfect your entry!



Think Gold!

- Practice specific dive combinations; make them your specialty.
- Consistently go for height.
- Finish each dive with a short entry into the water.
- Enter the water with minimum splash.

Memorable Moments. . .

The hammer throw is thought to be an outgrowth of the medieval English/Scottish sport of sledge-hammer throwing. Though dominated in recent decades by the Soviets, Olympic hammer-throw medals once went—almost exclusively—to American athletes.

In 1920 at Antwerp, USA's Irish-born Patrick Ryan took the gold with a toss of 52.85 meters (173 feet 5 inches)—over 4 1/2 meters (nearly 15 feet) beyond the throw of silver medalist Carl Lind of Sweden. Ryan's lifetime best throw of 57.75 meters (189 feet 6 inches) in 1913 would stand as the world record for a quarter century and the USA record for 40 years—until 1953.

During the months prior to the Melbourne Games of 1956, Russia's Mikhail Krivonosov and USA's Harold Connolly battled each other long-distance between Boston and Minsk—each topping the other's best throw. Three weeks before the Games, Connolly (whose left arm was withered at birth) broke the Russian's record by over a meter.

Arriving at Melbourne, Connolly surprised his rival and fans by donning ballet shoes for better footing—and secured the gold with a record-breaking toss of 63.16 meters (207 feet 3 inches). Connolly is equally famous for his Olympic Village courtship of Czech discus champion Olga Fikotova, whom he later married and brought to America.

To date, the Olympic Games haven't included a women's hammer-throw event.



HAMMER THROW

In this event a contestant swings a “hammer,” a heavy solid ball attached to a steel chain over a meter in length. Standing in a circle a little more than two meters in diameter, he first warms up, rocking the hammer to get the rhythm of the swing. Then he goes into his wind-up, spinning the hammer above his head. Finally, he makes several body turns, moving toward the edge of the circle before releasing the hammer. The distance the hammer travels is the contestant’s score, and the best of three throws is his top score for the event.

Joystick and Keyboard Controls

1. Press a joystick button or the **Open Apple** key to enter the spin phase any time during the warm-up sequence.
2. Increase the hammer travel during the spin phase by moving the joystick handle in a circular clockwise direction or by alternately pressing the **Left** and **Right Arrow** keys.
3. Press a joystick button or the **Open Apple** key again to enter the revolve stage, where the contestant rotates his body as he revolves the hammer above his shoulders.
4. When you feel that the contestant has reached his top spin speed, press a joystick button or the **Open Apple** key to release the hammer.

Scoring

Scoring is based on the distance traveled by the hammer. You get three attempts at a throw, and the longest distance you obtain in those tries is the one recorded. If you fault a throw, you receive a score of zero for that throw.

You can fault a throw in the following ways:

- If you press a joystick button or the **Open Apple** key too late for the release, the hammer will make a hole in the fence.
- If you press a joystick button or the **Open Apple** key too soon, the hammer will appear to be coming out toward you instead of down the field.
- If you don't press a joystick button or the **Open Apple** key before the contestant steps out of the circle, you'll be literally lifted up into the air, showing (humorously) that you've committed a foul throw.
- If the athlete is spinning too slowly during the revolve stage, he will wrap the hammer around himself.



Chalk Talk

The “hammer” is actually a metal ball attached to a grip by a spring-steel wire. It weighs 7.2 kilograms (16 pounds) and takes strength and pinpoint timing to throw well. Go through the spin-revolve-release sequence a few times to get the feel of it.

To gain speed during your spin, rotate the joystick handle or press the **Left** and **Right Arrow** keys slightly faster than the hammer is spinning.

Time your release carefully. Try to throw the hammer straight down the field, not right or left. A straight throw could add up to three meters to your distance.



Think Gold!

- Watch your footwork; avoid “on-the-line” fouls.
- Practice and mentally mark your ideal release position.

Memorable Moments. . .

When the 400-meter hurdles became an Olympic event at the Paris Games in 1900, the "hurdles" were actually 30-foot-long telephone poles stretched across the track. To spice things up, a water jump was added just before the finish.

At the St. Louis Olympics of 1904, George Poage of the USA finished third in the event, becoming the first black runner to win an Olympic medal.

One of the most drama-packed 400's took place at the Mexico City Games in 1968. Facing off were world-record holder Geoffry Vanderstock of the USA, his teammate Ronald Whitney, Great Britain's lightning runner David Hemery, and Italy's showy Roberto Frinolli. The Italian stripped down to his black bikini athletic supporter, unaware the race was being shown live on USA television. Hemery blistered the track to win by an astonishing eight yards and post a new world record. Frinolli finished a colorful eighth.

Perhaps the greatest of all hurdlers is USA's Edwin Moses, who won 107 consecutive 400-meter events. These included gold-medal performances at the 1976 and 1984 Olympics. The 33-year-old superstar's first loss (in ten years) came on June 4th, 1988 in Madrid when fellow American Danny Harris beat him by a yard.

Women first ran the 400-meter event at the 1984 Games in Los Angeles, where American record holder Judi Brown brought home the silver.



HURDLES

This event requires the contestant to run 110 meters down a straightaway and clear ten 1.067-meter (42-inch) high barriers. In competition play, during the first race you are paced by a computer “competitor,” shown at the outside lane at the bottom of the screen. After you beat the computer pacer’s race, a simulation of your run replaces the computer pacer’s run. As the competition heats up, keep an eye on the run simulation in your attempt to produce a new record time.

Joystick and Keyboard Controls

1. A screen appears showing a runner walking toward his running lane and crouching into the “get set” position in the starting blocks.
2. When the official’s gun fires, press a joystick button or the **Open Apple** key. This starts you racing.

Note: Starting before the gun fires causes a false start. After three false starts you are faulted out of competition. If you’re “asleep” in the blocks and hesitate too long before starting, you start automatically—with a time penalty.

3. To increase your speed and establish your pace, move the joystick handle left and right faster or press the **Left** and **Right Arrow** keys faster, in time with the runner’s feet.
4. When you approach the hurdle, press a joystick button or the **Open Apple** key to jump.

Note: If you jump too soon you may stumble and knock down the hurdle. Jumping too late or not at all will make you fall over the hurdle. A problem at one hurdle makes timing on subsequent jumps more difficult.

5. After you jump all ten hurdles, dash across the finish line.

Scoring

The contestant with the best time is the winner. During a race, you may knock down an unlimited number of hurdles without disqualification. However, you are disqualified if you fall over a hurdle.



Chalk Talk

Hurdles is among the most challenging events, demanding a three-talent blend of speed, spring, and timing.

Getting off “on the right foot” is all-important. This means quickly establishing a rhythm between hurdles that best fits your stride. Use the white dots appearing at the lower right of the screen to help mark your pace.

You can get a jump on the field by watching the starter: the instant you see his gun fire, take off. Then establish your speed and rhythm so you’ll be at full stride by the first hurdle.

The shorter your jumps, the faster your time. As soon as your leading foot clears the hurdle, push up on the joystick handle or press the **Up Arrow** key.



Think Gold!

- Work on the stride-jump rhythm that you find most efficient.
- Get out of the blocks fast by watching the starter.
- Keep your jumps short to conserve energy.

Memorable Moments. . .

For 76 years—from the first modern Games at Athens in 1896 to the Munich Olympiad of 1972—the pole vault saw an uninterrupted parade of American athletes.

Winner of two gold medals at London in 1908 was Alfred Gilbert, who cleared the bar at 3.7 meters (12 feet 2 inches). A talented magician, Gilbert worked his way through Yale giving magic shows. He later invented the Erector Set, one of the world's best-loved toys.

Japanese teammates Shuhei Nishida and Sueo Oe refused to vault-off a second-place tie at the 1936 Berlin Games. Instead, they had the silver and bronze medals cut in half lengthwise and soldered back together so that each had a half-silver, half-bronze memento.

Possibly the most disruptive Olympic pole vault occurred in Moscow at the boycotted Games of 1980. When Poland's Wladyslaw Kozakiewicz was whistled and jeered at by the Soviet crowd, the 3,000 Poles in attendance responded in kind at Soviet vaulter Konstantin Volkov. Another Soviet was ejected for giving teammates illegal signals about wind direction.

Unruffled by it all, Wladyslaw soared to a world-record height of 5.77 meters (18 feet 11 1/2 inches). Whereupon he saluted the crowd and Red Army guards with an obscene gesture, and climbed into the stands to join the Poles in a rousing chorus of Poland Is Not Beaten.



POLE VAULT

In the pole vault event, the competitor uses a flexible pole to help him vault over a crossbar supported on two uprights. The pole vaulter sprints with the pole at hip height for about 45 meters (130 to 150 feet) toward the uprights and jams the pole tip into the planting box at the end of the runway. His momentum is transferred into the pole, which bends more than 90 degrees and catapults him skyward. The vaulter clears the crossbar with his legs, hips, and torso, then pushes the pole away, at the last moment drawing his arms overhead to avoid brushing the crossbar.

Joystick and Keyboard Controls

1. The opening screen shows the uprights and crossbar, which you may adjust before each of your three vaults. In competition play, the crossbar is set to the height of the best vault by a previous competitor or set at a preset value, and the height appears in the upper-left corner of your screen. To adjust the bar, press a joystick button or the **Open Apple** key. Move the joystick handle up or down or press the **Up** or **Down Arrow** keys to move the bar to the desired height.

Note: In practice play, raise or lower the bar height to any level you want. In competition play, if you take a turn with the crossbar below the height of the last successful record, you will sacrifice your score for that turn.

2. Press a joystick button or the **Open Apple** key to secure the crossbar and begin racing toward the uprights.
3. Move the joystick handle left and right or press the **Left** and **Right Arrow** keys (in time with the contestant's pace) in order to increase his speed.
4. Just before you approach the landing pit, your pole will be lowered and planted for takeoff. Just after your pole plants, press a joystick button or the **Open Apple** key to take off.

5. Lift and twist the pole vaulter's upper body over the bar by moving the joystick handle up or pressing the **Up Arrow** key at the top of his flight. He will fall to the landing pit, either clearing the bar or knocking it off, depending on how successfully you executed these steps.
6. Press a joystick button or the **Open Apple** key to adjust the crossbar height for your second and third attempts. If you think you have made your best vault and wish to "pass" on a subsequent turn, adjust the bar again and press **P** at the time you would normally press a joystick button or the **Open Apple** key to secure the crossbar (see step 2).

Scoring

You're entitled to three attempts at clearing the crossbar without knocking it off the uprights. In order to win in competition, you must achieve the greatest height. A contestant faults a turn if he knocks off the crossbar, fails to leap over the crossbar, or breaks the pole.

In case of a tie, the vaulter who achieves the greatest height after the fewest tries will win the event.



Chalk Talk

When it's time to set the crossbar height, consider the strengths of your competitors and plot your strategy! One error in timing can cause a fault even on a low height, and the order of your highest vault is significant for scoring in case of a tie.

Top speed in your approach will give you the vertical thrust to reach new heights in the pole vault. So use the full runway to gather momentum.

After your pole plants and begins to bend, time your push upward for maximum lift. If you wait too long to begin take off, you will fly backwards or snap your pole. If you have too little momentum built up, instead of taking off you will come to a stop with the pole in your hand.

As you fly over the crossbar, time your pushoff from the pole for maximum height or you will fall onto the bar. Concentrate and you'll be challenging the record in no time!



Think Gold!

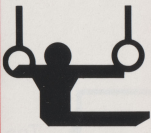
- Practice your lateral-speed-to-vertical-lift timing.
- Practice your pushoff and crossbar clearance technique for maximum height.
- Strategize carefully to determine the crossbar height that can sail you toward the gold.

Memorable Moments. . .

Traditionally the domain of Middle European countries, the men's rings event in recent Olympics has witnessed the powerful emergence of Japanese and Soviet talent. Starting with the Helsinki Games in 1952, the gold medal has gone either to a Soviet or Japanese—the most recent being Koji Gushiken at the Los Angeles Games in 1984.

Rings is a grueling event, demanding great poise, coordination, and strength. It is comprised of compulsory and optional exercises. Each routine must alternate between swing, strength, and hold movements, while keeping the rings as still as possible. Performance is assessed on the basis of difficulty, the graceful linking of routine parts, and correctness of execution.

Gymnasts are among the greatest collectors of Olympic “hardware” because their sport has so many medal-rewarded events. Over three Olympics (1972 to 1980) Nikolai Andrianov of the USSR amassed a total of 15 medals, the most ever by a male athlete. Of these, seven were gold, including one for a picture-perfect win in the rings at the 1976 Montreal Games.



RINGS

In this event you perform a series of movements as you hold two exercise rings. To score well, you must exhibit both precision and strength, with movements that alternate between swings and holds. You must not allow the rings to swing back and forth on the frame while performing the exercise.

Joystick and Keyboard Controls

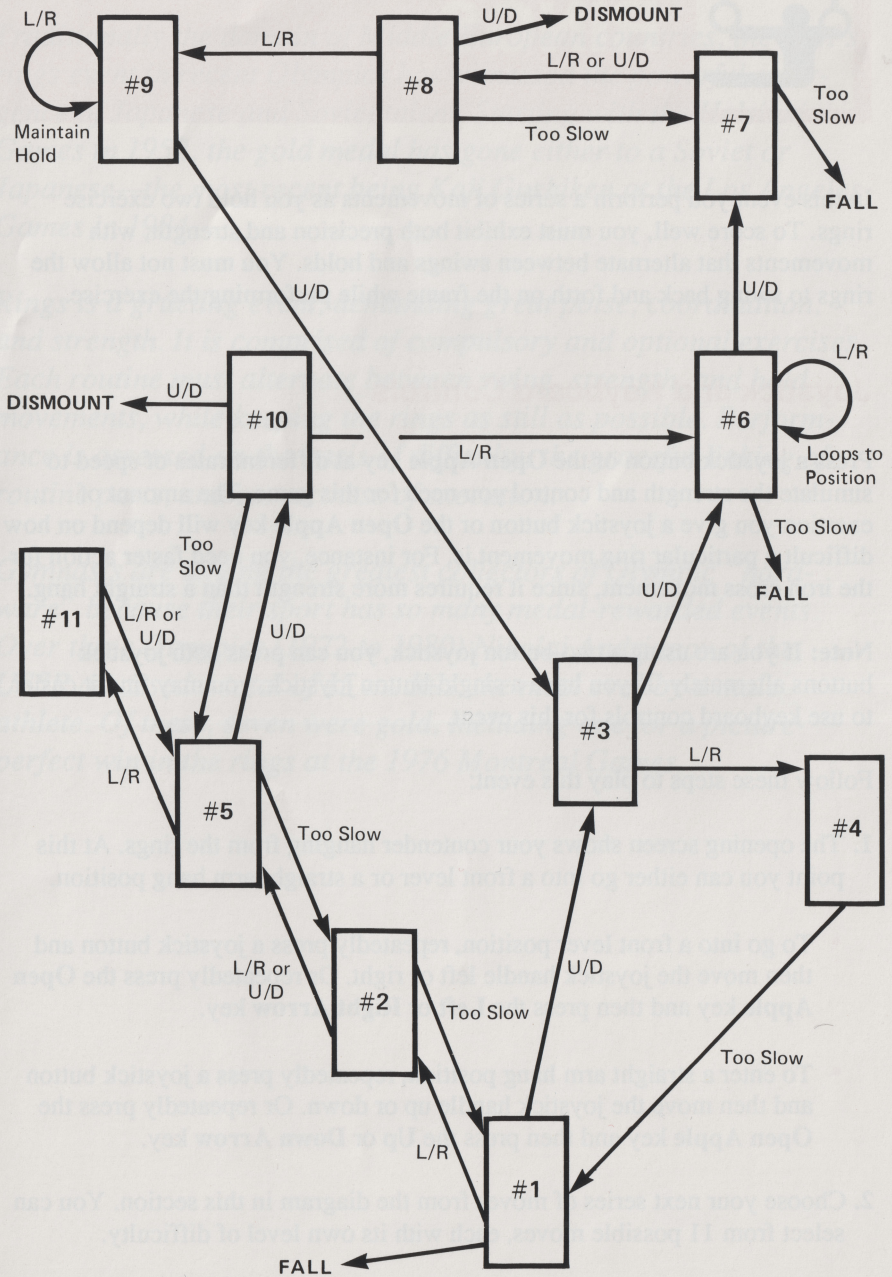
Press a joystick button or the **Open Apple** key at different rates of speed to simulate the strength and control you need for this game. The amount of exertion you give a joystick button or the **Open Apple** key will depend on how difficult a particular ring movement is. For instance, you need faster action for the iron cross movement, since it requires more strength than a straight hang.

Note: If you are using a two-button joystick, you can press both joystick buttons alternately. If you have a single-button joystick, you may find it easier to use keyboard controls for this event.

Follow these steps to play this event:

1. The opening screen shows your contender hanging from the rings. At this point you can either go into a front lever or a straight arm hang position.
 - To go into a front lever position, repeatedly press a joystick button and then move the joystick handle left or right. Or repeatedly press the **Open Apple** key and then press the **Left** or **Right Arrow** key.
 - To enter a straight arm hang position, repeatedly press a joystick button and then move the joystick handle up or down. Or repeatedly press the **Open Apple** key and then press the **Up** or **Down Arrow** key.
2. Choose your next series of moves from the diagram in this section. You can select from 11 possible moves, each with its own level of difficulty.

Possible Movements for Rings



Move	Hold
1	Hang
2	Front Lever
3	Straight Arm Hang
4	Iron Cross
5	Pike
6	Left Hold
7	Shoulder Stand
8	Hand Stand
9	Planche
10	Inverted Hang
11	Rear Hang

Joystick Handle Movement	Equivalent Keys to Press
L/R = Left or Right	L/R = Left/Right Arrow
U = Up	U = Up Arrow
D = Down	D = Down Arrow

3. Each time you go to a new hold position on the rings, keep that position for two seconds before starting the next move. To do this, repeatedly press a joystick button or the **Open Apple** key, generally slowing your rate of joystick or keyboard pressing.

Note: If you repeatedly press a joystick button or the **Open Apple** key but fail to use the joystick handle or **Arrow** keys, you will perform several moves, then dismount. Scoring will reflect the incompleteness of your routine.

Medal-Winning Hold Positions

To avoid costly penalties in maintaining hold positions on the rings, note the following points:

- If you fail to press a joystick button or the **Open Apple** key at the minimum activity level necessary to maintain a hold position, the contestant will fall.
- Usually, if your joystick button or key pressing activity is above the minimum level necessary to prevent a fall, but below the optimum necessary to maintain a hold, the contestant will exhibit muscle tremors and shake.

Scoring

Each exercise is scored on six areas:

Area	Score
Execution	4.4 points maximum
Difficulty	3.4 points maximum
Combination Moves	1.6 points maximum
Originality	0.2 point maximum
Virtuosity	0.2 point maximum
Risk	0.2 point maximum

Execution is based on how well each move is done. Each time you exhibit a muscle tremor, hold a position too long, or let go too soon, you lose points on execution. If you score less than a 1.0 in difficulty, your execution score will be penalized.

To get a score for virtuosity (doing better than expected), you must have a perfect execution score.

Each move has its own rating for difficulty and is either A (easy), B (medium), or C (very difficult). To achieve the maximum overall score for difficulty, you must have two A moves, three B moves, and three C moves. The following table shows possible difficulty scores.

Move	Score
Handstand to planche	A
Planche to straight arm hang	A
Hang to front lever	B
Straight arm hang to iron cross	B
Lever to rear hang	C
Hang to iron cross	C

Lights on the two posts at the lower right and left light up when you maintain a hold position for two seconds. You hear a low tone when you score an A level of difficulty, a medium tone for a B level of difficulty, and a high tone for a C level of difficulty. When the lights and sound come on, go to another move to avoid being penalized for maintaining the hold too long.

If you substitute a move of greater difficulty for one of lesser difficulty, you earn a higher execution score. For instance, if you have one A move, two B moves, and five C moves, you still earn 3.4 points for difficulty but you also earn a higher execution score.

Combination and originality scores are interdependent. The combination score is based on the number of different moves you perform; the originality score is based on the number of different combinations. A high combination score also results in a high originality score. The reverse is not true, however, since excessive duplication of moves hurts the combination score but not the originality score.

You earn 0.1 point for risk for holding a left hold or a shoulder stand for two seconds.



Chalk Talk

Your routine on the rings includes swing, strength, and hold sequences. Assuming good execution, the more complex your moves, the higher the judges will score your efforts.

Also essential for a medal-winning performance is your ability to hold each position a full two seconds before proceeding to the next move. Remain steady at all times—muscle tremors cost you points.

Whichever dismount you choose, make certain it is solid. Dismounting is your final move and, as such, remains in the judges' minds as they begin computing your score.



Think Gold!

- Add to your score by performing more than just the required moves.
- Keep pressing a joystick button or the **Open Apple** key to avoid muscle tremors.
- Practice your dismount until it is second-nature.
- Do only enough moves between holds to earn the C level of difficulty. Too many moves is a wasted effort and too few will cost you difficulty points.

Memorable Moments. . .

Charismatic performers such as USSR's Olga Korbut, Romania's Nadia Comaneci, and USA's Mary Lou Retton have made women's gymnastics super-popular with fans and media.

In fact, it was 14-year-old Comaneci who wrote Olympic history at the 1976 Montreal Games by posting the first perfect scores ("10s") ever awarded. These came for flawless performances on the uneven bars and the balance beam.

Uneven parallel bars is exclusively a women's event. It consists of one compulsory exercise (which varies by meet) and one optional routine. Included in both are such demanding movements as upward and circular swings, swings to handstand, saltos, and pirouettes. Points are deducted for faults in technique and for elements left out.

Events such as the uneven bars sometimes arouse more nationalistic pride than professionalism among the judges (selected from participating countries). At the Rome Games in 1960, Japan's Keiko Ikeda delivered far and away the most masterful final routine, yet could place no better than fifth. The crowd lustily booed the judges for ten minutes.

The first Olympic competition in the uneven bars was held at Helsinki in 1952. The event has been a regular at the Games ever since, with the gold going to such Eastern Bloc greats as Polina Astakhova (USSR), Vera Caslavskaja (Czechoslovakia), and Karin Janz (German Democratic Republic).



UNEVEN PARALLEL BARS

For a good performance, the gymnast keeps her swing flowing rhythmically throughout her routine. She is judged on her swinging movements, her passage from bar to bar, and her handling of any particularly difficult movements in her exercise. At least ten moves must be done with no stops allowed, and no more than three consecutive maneuvers can be done on one bar.

Joystick and Keyboard Controls

The Mount—the Initial Move

Your first move is either the straddle mount or the extended body mount. To get into a mount, follow these steps:

1. Press a joystick button or the **Open Apple** key to approach the mount.
2. Move the joystick handle up or down or press the **Up** or **Down Arrow** key. With the Up position, you go into a straddle mount, while with the Down position you go into an extended body mount to a lower bar handstand. You are scored on execution of the moves and on one of four levels of difficulty for each move (ranging from A for least difficult to D for most difficult).

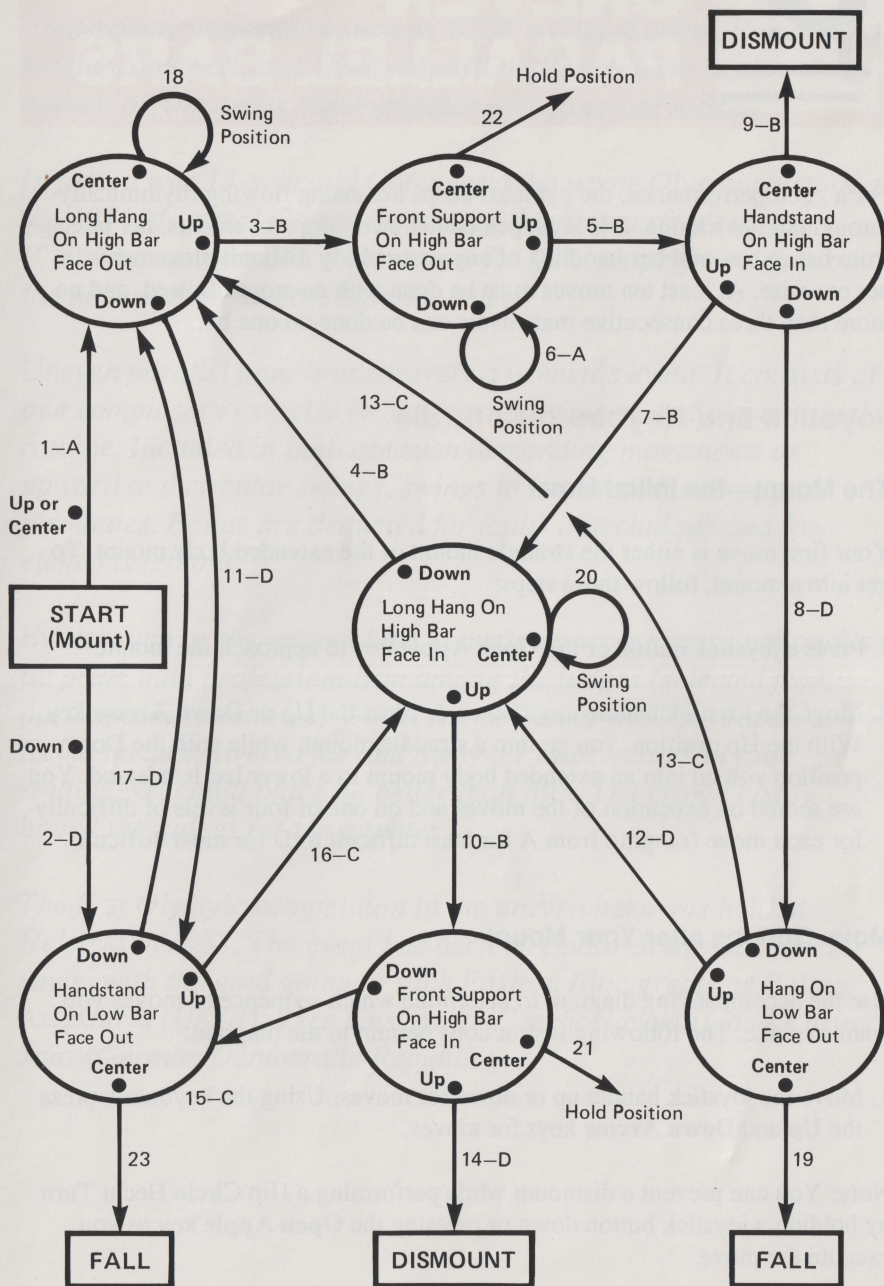
Move Options after Your Mount

Use the accompanying diagram to determine which sequence of moves you want to make. The following instructions pertain to the diagram:

1. Move the joystick handle up or down for moves. Using the keyboard, press the **Up** and **Down Arrow** keys for moves.

Note: You can prevent a dismount while performing a Hip Circle Hecht Turn by holding a joystick button down or pressing the **Open Apple** key as you execute the move.

Possible Movements for Uneven Parallel Bars



Move No.	Level of Difficulty*	Move
1	A	Straddle Mount Over LB Hand Support
2	D	Extended Body Mount To Handstand LB
3	B	Long Hang Kip Up To Support On HB
4	B	Hip Circle Half Turn Grip Change
5	B	Cast To Handstand Legs Together
6	A	Hip Circle Forward On HB
7	B	Lying Hang Pirouette Straddle To HB
8	D	Cast Uprise Half Turn Grip Change
9	B	Salto Backward Half Twist Dismount
10	B	Long Hang Kip Up To Support On HB
11	C	Swing Stoop Back Kip To Handstand
12	D	Glide Kip Full Turn To Grip Change
13	C	Radochlaroll Full Turn To Hang On HB
14	D	Hip Circle Hecht Turn Dismount
15	C	Underswing Half Turn To Handstand
16	C	Hip Circle Half Turn Flight To HB
17	D	Salto Roll Forward To Hang On HB
18	(Penalty)	Long Swing On High Bar
19	(Penalty)	Double Bounce Bottom Fall
20	(Penalty)	Long Swing on High Bar
21	(Penalty)	Inward Front Support On High Bar
22	(Penalty)	Outward Front Support On High Bar
23	(Penalty)	Reverse Splat Fall Off Low Bar

*where A = 1 point

B = 2 points

C = 3 points

D = 4 points

2. Briefly centering the joystick handle or pausing at the keyboard usually produces a hold position or a swing movement.
3. For a solid landing during the dismount, press a joystick button or the **Open Apple** key just before the gymnast's feet touch the floor. (If you fail to do this, your contestant will be penalized for a stumble.)

You have two minutes to complete the exercise on the uneven bars. Less than ten seconds remain when the female observer on the foreground of your screen looks at her watch. At this point, quickly plan your contestant's dismount. If your contestant is still performing when time runs out, she falls to the floor.

Scoring

At the end of an exercise you see a scoreboard that rates the difficulty and composition of the exercise, mentions the specific areas for which you lost points, and gives you a grand total score.

Each judge will score your exercise from 0.0 to 10.0, based on these factors:

- The average difficulty of the moves.
- Composition (there must be at least one but not more than three executions of the same move).
- Technical requirements for the moves (for instance, whether the contestant moved smoothly between bars or changed the direction she faced while moving from bar to bar).

You work with the two bars in continuous action as you move from the high to low bar, and vice-versa. To avoid penalty points, do not stop between moves, and perform no more than three moves in a row on one bar. You must also make a minimum of ten different moves to avoid a penalty. Attempt to perform all 13 moves to achieve a perfect composition score. Judges will rate each movement in terms of difficulty. The table on the following page summarizes the levels of difficulty for each move and their point values.

Performance	Points
Difficulty*	0 to 3.5
Composition**	0 to 6.5
Technical Requirements	
Fall	-1.0
Uncharacteristic move***	-0.2 to -9.9
Exercise too short (fewer than ten moves)	-0.2
Fewer than eight direction changes	-0.2
Fewer than ten bar changes	-0.1
Too many moves on high bar	-0.2 to -9.9
Mount value too low	-0.2
No dismount	-0.2
Stumble on dismount	-0.1

* Overall points result from averaging the scores of individual moves, with the following values for each level of difficulty per move: A = 1 pt., B = 2 pts., C = 3 pts., and D = 4 pts. You increase the level of difficulty each time one of your moves connects with the succeeding move, with no holds, swings, or pauses in between. In that case, an A-rated move becomes B, a B becomes C, a C becomes a D, and a D-rated move stays the same. The highest possible difficulty score is 3.5.

** For each move executed at least once (but not more than three times), 0.5 point is added to the composition score.

*** When an uncharacteristic move such as a hold or swing occurs, a disappointing sound is made and 0.2 point is deducted.

Demonstration Play

In demonstration play, you see a demonstration of the uneven parallel bars exercise that results in a perfect "10" from the judges. Get into this play by following these steps:

1. While in practice play, press **D**. The gymnast will automatically go through a perfect routine. To slow her down for careful evaluation of her moves, press **S**. To bring her up to normal speed, press **F**. You can toggle between **S** and **F** during the demonstration.

Note: During the demonstration, watch the overhead scoreboard to see a listing of each move performed. As the gymnast meets composition requirements, dots at the top of the board disappear. You will see the gymnast's final tally on the diamond vision scoreboard once she finishes the routine.

2. When you finish watching the routine, press a joystick button or the **Open Apple** key to clear the screen for your next exercise.

Note: You can also practice in slow motion by pressing **S** in practice play.



Chalk Talk

Judges will quickly spot any weaknesses in your routine—a jerky sequence of moves, an exercise that's too long or too short, a stumble at dismount.

The best way to guard against point-deducting mistakes and hesitations is to do what Olympic athletes do—plan your routine ahead of time and practice it until you've got it down cold. This way you give yourself every chance to be the best you can be.

Watch your initial mount. An extended body mount will earn more points than a straddle mount. Strive for an uninterrupted fluidity of movement by always knowing your next move and how to get into it. A touch on a joystick button or the **Open Apple** key just before landing will give you a perfect dismount.

The girl beside you on the mat is your friend: when time's running out, she looks at her watch. If you foul up, you get some consolation: she cries.



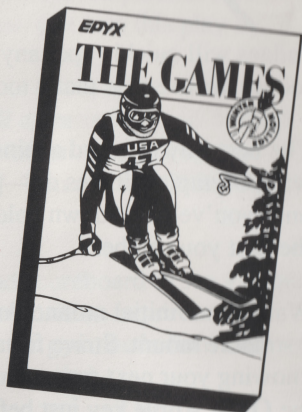
Think Gold!

- Know your routine by heart before mounting.
- Practice in slow motion to develop your routine.
- Watch the scoreboard at the upper left. Dots representing move combinations disappear as you satisfy composition requirements.
- Time when you press a joystick button for solid dismounts.
- Dismount when your routine is finished (continuing won't help your score and could hurt it).
- A "10" is possible.

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